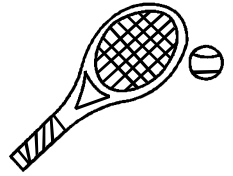


YOUTH TENNIS



On behalf of the Westport Parks and Recreation Department, I would like to welcome you to our instructional YOUTH TENNIS program. This program has been structured and designed to accommodate ALL participants. Tennis Director Dave Kardas has planned comprehensive workout schedules for all levels from beginners to advanced. Dave and the department plan to make the tennis program enjoyable and fun for all while teaching the skills and fundamentals necessary to play the game.

ABOUT OUR TENNIS DIRECTOR...

Dave Kardas is entering his eleventh year as The Director of our Tennis program. Dave is certified with USPTA (United States Professional Tennis Association) and USPTR (United States Professional Tennis Registry). He can be reached at the Longshore Tennis Office at 227-0271 or e-mail at yourservice@msn.com.

THE PROGRAM

The YOUTH TENNIS program is designed for boys and girls, ages 6 - 15. We look to promote a quality learning environment for all players of all levels. Our Youth program will provide a fun and safe experience for all participants. **All classes will meet at the Longshore Courts.** There are five levels of instruction:

Beginner: This is for participants with little or no prior instruction and will focus on teaching the basic fundamentals (forehand, backhand, volley and serve) and skills with fun drills and games.

Advanced Beginner: This is for those players who have completed the beginner class or have had introduction to grips and strokes and can make contact with the ball on a regular basis.

Intermediate: This is for participants who have had at least one year of instruction and/or were in this program last season. This player can rally slow balls and is learning to volley and serve. The focus of these lessons will be drills and games to improve groundstrokes, footwork, volleys and serves. This player will work on shots such as overheads and will be introduced to spin.

Advanced: This is for those who have been playing at least two years and are able to serve and keep the ball in play, hit with some spin and have had exposure to singles and doubles strategy. Drills will focus on doubles and singles play situations.

Quick Start Tennis: This program in conjunction with the USTA use a special regular size tennis ball that is much slower and easier for young beginning tennis players to judge the ball which helps in developing tennis rallies. During this class there remains much emphasis in skill development.

Classes are offered in the spring and stretch out into the summer. Please consult your program guide for this detailed information.

DROP OFFS, PICK UPS AND PARKING

When dropping off, picking up or parking for any of the tennis programs, we ask that you please obey all traffic signs by parking in the assigned areas only. Children will be released only to parent or guardian. If someone else will pick up your child other than the parent, **THE PARENT MUST INFORM THE STAFF IN WRITING** prior to pick up. We ask that you be prompt in dropping off and picking up your child.

RAIN DAYS

All instruction is OUTDOORS. There are no indoor facilities. Any day that the courts might be unplayable due to rain, it is up to you to call the cancellation line at the Parks and Recreation Office, **341-5074** to find out if lessons will still be held. Because the tennis courts at Longshore handles inclement weather well, we will wait until the last possible moment to cancel, about a half hour before the scheduled start time. There are no make-ups or refunds due to inclement court conditions.

WHAT TO BRING FOR INSTRUCTION

- ▶ Attire for the lesson should be a short sleeve shirt, shorts and sneakers with socks. If the weather seems to be cool, a sweatshirt, jacket or sweatpants would also be appropriate.
- ▶ Something to drink such as bottled water.
- ▶ Suntan lotion and hat to protect the participant from the sun.
- ▶ A tennis racket.

GENERAL RULES

- ▶ Please be prompt and on time for your lesson. The instructors will not wait for you to begin.
- ▶ All participants are expected to respect each other and all staff. Discipline problems will not be tolerated and are grounds for immediate dismissal from the program with no refund.
- ▶ At the end of each lesson, please be sure to pick up all belongings. There is no lost and found.

The Westport Parks and Recreation Department wants this to be an enjoyable experience for all participants. We ask that the parents please take the time to read this information with their child so he/she understands all the rules and regulations.